

<p>25. I can think of my tinnitus as a neutral sound that is not worth listening to.</p>	<p>How certain are you that you can do this <u>right now</u>? (circle one %)</p> <p>0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%</p> <p>Cannot do Moderately certain I am certain</p> <p>this at all I can do this I can do this</p>
<p>26. I can help people in my workplace despite hearing my tinnitus.</p>	<p>How certain are you that you can do this <u>right now</u>? (circle one %)</p> <p>0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%</p> <p>Cannot do Moderately certain I am certain</p> <p>this at all I can do this I can do this</p>
<p>27. I can manage to have a positive self-image even when I hear my tinnitus.</p>	<p>How certain are you that you can do this <u>right now</u>? (circle one %)</p> <p>0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%</p> <p>Cannot do Moderately certain I am certain</p> <p>this at all I can do this I can do this</p>
<p>28. I can feel that my senses are reliable even when I hear my tinnitus.</p>	<p>How certain are you that you can do this <u>right now</u>? (circle one %)</p> <p>0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%</p> <p>Cannot do Moderately certain I am certain</p> <p>this at all I can do this I can do this</p>
<p>29. I can be a contributing member of society despite having to manage my tinnitus.</p>	<p>How certain are you that you can do this <u>right now</u>? (circle one %)</p> <p>0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%</p> <p>Cannot do Moderately certain I am certain</p> <p>this at all I can do this I can do this</p>
<p>30. I can carry out conversations with one other person even when I hear my tinnitus.</p>	<p>How certain are you that you can do this <u>right now</u>? (circle one %)</p> <p>0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%</p> <p>Cannot do Moderately certain I am certain</p> <p>this at all I can do this I can do this</p>

